Miscellaneous

Collection

of

Salad Receipts

Unit No. 2 Stringfellow Guild
St. Johns Church

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PREFACE

The time spent in the compilation of the contents of this little booklet has been given with pleasure. I present the results of my labor to the public, believing that the work will be appreciated, not only for its merit, but also that the public at large will benefit from my endeavors.

The advertisers, without whose assistance this booklet could not have been published, I cordially commend to the patronage of all.

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APRICOT SALAD

One 2 lb. can of peeled apricots.
1 package of lemon jello.
½ pint of whipped cream.
1 cup of mayonnaise.

Heat one cup of the apricot juice to the boiling point, pour it over the jello. When dissolved and partially cool, add the mashed apricots, mayonnaise and whipped cream. Place in ice box to congeal. Serve on crisp lettuce leaf with a spoonful of mayonnaise. Delicious.

CHILE SAUCE FRENCH DRESSING

6 tablespoons Wesson Oil.
2 tablespoons of vinegar.
1 teaspoon salt.
1-4 teaspoon pepper..
2 tablespoons chile sauce,
1-4 teaspoon onion juice.

Combine all ingredients and mix well. Serve with any green salad, celery, cucumber or cauliflower, fish or egg salad.

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FISH SALAD

2 cups cold cooked fish.
1 cup diced cucumbers.
2 tablespoons horseradish.
2 tablespoons finely chopped chives.
1 tablespoon capers.
1 tablespoon finely chopped sour pickles.

Mix fish with mayonnaise and pile on crisp lettuce leaves. Cover with the mixed chopped chives, capers pickles and horseradish. Season as desired.

FRUIT SALAD

2 cups diced bananas.
½ cup pitted cherries, canned or fresh.
½ cup diced pineapple, canned or fresh.
2 tablespoons lemon juice.
½ cup marshmallows cut in small pieces.

Mix the cherries, banannas, pineapple and lemon juice Mix marshmallows with fruit and arrange on crisp lettuce leaves. Garnish with mayonnaise and serve very cold.

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LUNCHEON SALAD

1 cup diced cold veal or lamb.
½ cup chopped hard boiled eggs.
½ cup cooked peas, carrots or beets.
1 head of lettuce.
1-4 cup chopped stuffed olives.

Season with salt and pepper. Mix with mayonnaise and serve on nest of lettuce leaves, or on individual plates

COUNTRY CLUB SALAD

1 cup lobster meat.
½ cup diced celery.
1 tablespoon finely chopped onion.
1 tablespoon capers.
1 tablespoon chopped sour pickles.

Mix with mayonnaise and serve on romaine or lettuce leaves.

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LETTUCE SALAD

1 small head of lettuce.
1 small bunch of celery.
1 small can sliced pineapple.

Shred the lettuce and crisp in cold water. Crisp the celery and cut in small bits. Drain the pineapple and cube. Drain all perfectly dry, then mix with mayonnaise.

ASPIC FRUIT SALAD

1 can white cherries.
1 can sliced pineapple.
1-4 lb. almonds.
1 package of Knox Ascidulated gelatine.

Pit the cherries, dice the pineapple, drain dry. Dissolve the geletine in a small amount of the juice. Take the balance of the fruit juice, add enough hot water to make one quart. While this is heating to the boiling point, blanch the almonds, cut in half, and add to the fruit, then pour boiling fruit juice over all and put in ice chamber to congeal. Best made over night. Serve on lettuce leaves. Garnish with mayonnaise.

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COMBINATION SALAD

One scant cup each of celery, cucumber, tomato, apple and a few spoonfuls of sliced green peppers, radishes and young onions. Mix with french dressing and serve on cress or lettuce leaves.

CHIFFONADE SALAD

Almost any desired combination of chopped or shredded vegetables may be served in this fashion, with minced onion, parsley and hard cooked eggs (the yolks and whites separated and forced through a coarse strainer). The salad materials may be blended before serving or dispose d separately in little nests of lettuce to be combined as desired. Sliced radishes and celery, chopped beets, cucumbers peppers, pimentos, tomatoes red or white cabbage and pickles, whole peas, capers or caviar and cress or lettuce. whole or shredded are all possible variations of this salad. Mix with french dressing and use at once.

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WHOLE TOMATO SALAD

Peel ripe tomatoes and put into refrigerator until stone cold, then hollow out, being careful to preserve the top. Dice some cold celery very fine, and to this add about one-fifth of finely chopped olives. Mix this with mayonnaise, fill the tomato sheels, sprinkle papriaka over the top, and serve on lettuce leaf.

CUCUMBER BASKETS

Peel the cucumbers, cut into two and a half or three inch pieces. Cut top off each piece, leaving strip in the center for a handle for the basket. Scoop out inside with handle of a teaspoon. Chill and marinate for one hour. Fill with chopped cucumber, green pepper or pimento and salad dressing.

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ORANGE AND APPLE SALAD

Peel oranges and slice, rejecting all white skin. Cut wedge-shaped slices from red apples without paring. Arrange on lettuce covered salad plates, using alternate slices of orange and apple.

Mayonnaise or french dressing may be used if desired.

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PINEAPPLE ORANGE CUP

Halve 3 oranges, remove pulp, notch the sheels and set in a bowl of cold water. To orange pulp add 2 cups of crushed pineapple, with a little of the juice left in, 2 sliced bananas, 1-4 lb. of seeded grapes and ½ cup of sugar. Chill and serve in orange cups, garnished with a cherry.

ORANGE AND BANANA SALAD

Peel oranges, removing all white skin. Cut into one-fourth inch slices. Place two slices on each lettuce covered salad plate. Cover with two lengthwise quarters of bananas, which have been covered in lemon juice and rolled in finely ground nuts. Top with slices of orange. Garnish with mayonnaise and maraschino cherry.

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PINEAPPLE CHARLOTTE

Line sherbet-glasses with strips of sponge-cake or lady-fingers. Beat 1 cup of heavy cream until stiff. Sweeten slightly and fold in 3 slices of diced canned pineapple. Fill the glasses and set in ice-box for an hour.

BEAN SALAD

Mix 1 can kidney beans, 1 cucumber, cubed, 1 pimento cut in small pieces, 1 green pepper chopped fine, 2 stalks celery cut fine, 1 tablespoon sugar and three-fourths cup of Durkee's Salad Dressing. Chill and serve on lettuce; add Durkee's Salad Dressing.

FRUIT COCKTAIL

Grapefruit sections, orange sections crushed Hawaiian pineapple. Decorate with cherry or strawberry. Sugar to taste.

FRUIT SALAD

Line a salad bowl with lettuce. Fill with a mixture of fruit, using Sunkist Orange sections free from membrane, marshmallows cut in pieces, bananas sliced and pineapple cut in small pieces. Other available fruit, fresh or canned may be used, and nuts may be added if desired. Serve with Cream Mayonnaise Dressing.

CUCUMBER BOAT SALAD

1 package Lemon Jell-O.
1 cup boiling water.
1 cup pineapple juice.
1 tablespoon vinegar.
3 slices pineapple, cubed.
½ can Spanish pimentos, shredded.
1 medium cucumber, cut fine, salted and drained.

Dissolve Jell-O in boiling water. Add pineapple juice and vinegar. Chill. When slightly thickened add pineapple, pimento and cucumber. Turn into a large mold or individual molds. Chill until firm. Serve with cream salad dressing or mayonnaise to which whipped cream has been added. Serves 6.

IMPERIAL SALAD

Wash 3 cucumbers, peel and cut in halves (lengthwise). Carefully remove inside of cucumber and cut in thin slices. Take 1 cup chopped salmon and refill the cucumber shell with pieces of cucumber and salmon. Garnish with capers and add Durkee's Salad Dressing. Chill and serve on watercress.

WALDORF SALAD

2 cups diced apples.
2 cups diced celery.
½ lb. pecans or english walnuts.
1 tablespoon lemon juice.
Mix, place on lettuce leaf and cover with mayonnaise.

SHRIMP SALAD

2 cups cooked or canned shrimps broken into bits.
1 cupful diced celery or firm cucumber.
1-3 cupful sliced stuffed olives.
1-3 cupful french dressing.
Mayonnaise to blend. Lettuce.

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TUNA FISH SALAD

1 can white tuna fish.
1 stalk crisp celery.
1 dozen chopped olives.
Mayonnaise or boiled salad dressing.

SALMON SALAD

1 can red salmon.
3 tablespoons vinegar.
3 tablespoons olive oil.
1 teaspoon finely chopped parsley.
Salt, pepper and paprika.

Thin slices of onion may be served with the salmon if desired. May be mixed with mayonnaise instead of olive oil and vinegar.

CHOP SUEY SALAD

1-4 cup chopped figs.
1-4 cup chopped dates.
½ cup chopped prunes.
1-4 cup lemon juice.
½ cup chopped nuts.
½ cup diced canned fruit, peaches, pears or pineapple.

Mix the fruits and lemon juice, and let stand in a cool place an hour. Add the chopped nuts and enough mayonnaise to moisten. Serve at once on crisp lettuce leaves.

DELICIOUS SALAD

2 cups diced grapefruit.
1 cup chopped celery.
1 cup diced apples.
½ cup chopped pecans.

Mix the grapefruit, celery and apples and arrange on hearts of lettuce. Sprinkle the chopped nuts over the top. Garnish with mayonnaise and serve at once.

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CHICKEN SALAD

1 cup diced chicken.
½ cup diced celery.
2 tablespoons chopped green peppers.
2 tablespoons chopped pimentos.
½ cup cooked diced mushrooms.
1 head of lettuce.
Season with salt and pepper.
Mix with mayonnaise and serve on lettuce leaves.

FARMERS SALAD

2 cups shredded cabbage.
1 cup diced beets.
2 tablespoons horseradish.
2 cups chopped apples.
Salt and pepper.
Mix with mayonnaise and serve on lettuce leaves.

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DIXIE SALAD

2 cups cooked corn.
1 cup chopped roasted peanuts.
1 cup chopped celery.
1 tablespoon finely chopped onion.
If canned corn is used drain off the juice.
Season with salt and pepper.

Place in little mounds on crisp lettuce leaves, and dot with mayonnaise.

SPAGHETTI SALAD

2 cups cold cooked spaghetti.
½ cup diced tomatoes.
2 hard boiled eggs.
1½ cups of grated american cheese.

Mix spaghetti and mayonnaise and place on crisp lettuce leaves. Sprinkle grated cheese thickly over the top. Slice the egg and place, with the chopped tomato around the bowl. Serve very cold.

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PINEAPPLE AND DATE SALAD

Thoroughly drain one cup of crushed or grated pineapple. Discard pits from one cup of dates and cut in pieces. Mix with pineapple and arrange on lettuce. Serve with french dressing.

PINEAPPLE WALDORF SALAD

Pare quarter and core of three apples, then cut into tiny cubes. Add one cup of well drained crushed or grated pineapple, one-fourth cup of walnuts broken into pieces, ½ cup of celery cut into thin inch long pieces. Mix with thick mayonnaise dressing and serve on lettuce.

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